



# Moroccan Spiced Chicken

with Zucchini, Herby Rice and Lemony Yogurt

30 Minutes



Chicken Breasts



Basmati Rice



Zucchini



Lemon



Chicken Broth Concentrate



Moroccan Spice Blend



Greek Yogurt



Parsley

## HELLO YOGURT MARINADE

*Yogurt is the perfect marinade as it helps to tenderize chicken!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, zester, medium pot, large bowl, small bowl, measuring cups, large non-stick pan, paper towels, measuring spoons

## Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Basmati Rice	¾ cup	1 ½ cup
Zucchini	400 g	800 g
Lemon	1	1
Chicken Broth Concentrate	1	2
Moroccan Spice Blend	1 tbsp	2 tbsp
Greek Yogurt	100 g	200 g
Parsley	7 g	7 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

—  
You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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### Prep

Add **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. Cut the **zucchini** in half lengthwise, then into ½-inch thick half-moons. Roughly chop **parsley**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Stir together **half the yogurt** with the **lemon juice** in a small bowl. Season with **salt and pepper**. Set aside.



### Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, until golden-brown, 2-3 min per side. Transfer **chicken** to a baking sheet. Bake, in the **middle** of the oven, until **chicken** is cooked through, 10-12 min.\*\* Carefully rinse and wipe pan clean.



### Cook rice

Add **rice** to the pot of **boiling broth**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



### Cook zucchini

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring often, until tender-crisp, 4-5 min. Season with **salt** and **pepper**.



### Marinate chicken

While **rice** cooks, stir together **Moroccan spice blend** and **remaining yogurt** in a large bowl. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Add **chicken** to the large bowl with **yogurt mixture** and toss to combine. Set aside.



### Finish and serve

Fluff **rice** with a fork, then stir in **lemon zest**, **half the parsley** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt**. Thinly slice **chicken**. Divide **herby rice** between plates. Top with **zucchini** and **chicken**. Spoon **lemony yogurt** over **chicken** and sprinkle with **remaining parsley**. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!